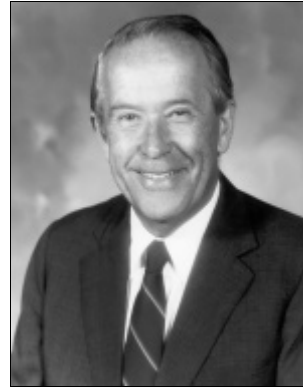


Scoop's Legacy

By The Jackson Foundation

A native of Everett, Washington, the late Senator Henry M. Jackson was an extraordinary leader who represented the State of Washington in the United States Congress for nearly 43 years. A strong sense of integrity, balanced and independent thought defined Jackson's approach to foreign policy, the environment, and human rights and helped build a legacy of landmark legislation and policy affecting countless communities at home and abroad.



*The JFB's Namesake,
Senator Henry M. Jackson,
circa 1978.*

Scoop, as Senator Jackson was affectionately known, dedicated his life and career to serving communities throughout Washington State. He was deeply committed to the residents of Washington State and worked tirelessly to protect and advance their interests and well-being. Senator Jackson was concerned with not only the livelihood of his neighbors and supporters, but the environment in which they lived.

(See "Legacy" page 2)

Tenant Spotlight

By Jay Bigelow, PA3, U.S. Coast Guard

If you've ever ventured to the top two floors of the Jackson Federal Building, chances are, you've noticed several people outfitted in light blue shirts, brass collar-devices and polished footwear.

As the staff of the Thirteenth Coast Guard district offices, these dedicated individuals provide support and management for more than 40 units and almost 2000 active duty, reserve and civilian personnel located in Washington, Oregon, Idaho, and Montana.

The Coast Guard's presence in the Pacific Northwest dates back to the mid 1800's, when two of its parent organizations, the U.S. Revenue Cutter Service and the U.S. Life Saving Service,

were established on the West Coast.

Life Saving Stations were established along remote shores where the rocky inlets presented unique hazards to the large sailing vessels. Revenue Cutters voyaged from California to Alaska and were often the only official government representatives in those areas.

Today, the Coast Guard's presence in the Northwest has expanded to meet its many demanding missions. Operations in the Pacific Northwest include enforcing federal maritime laws and regulations, inspecting and licensing



(See "Spotlight" page 3)

Bringing people together in the Jackson Federal Building



Fitness Center News

By Chrissie Kristl, ACSM

Gardening for Exercise

If the thought of indoor exercise during the summer does not appeal to you, you'll be happy to know you can find fitness among the flora. Studies show that you can burn 300-400 calories an hour gardening with heavy digging, raking, laying sod, or turning compost. That's as good as a brisk walk!

Garden Exercise Suggestions

- Use an old-fashioned push mower instead of a power mower.
- Use a hand rake instead of a power leaf blower.
- Split gardening tasks into shorter segments, especially if you have not exercised all winter.
- Instead of bending at the back to rake or weed, consider wide-legged bending at the knees. This will help protect your back as well as improve leg strength and flexibility.

Yard exercise and gardening won't cover all your exercise needs, but the parts they cover will be fun and fruitful. Happy gardening!

For additional information, please contact Chrissie on 220-6134 or check out the JFB web site (click on "Fitness Center"). Fitness Center hours are 5:00 AM - 7:00 PM. ❖

Legacy

(continued from page 1)

A leader in issues of energy, environmental conservation, and responsible land use, Jackson made lasting contributions to assure the health of the Pacific Northwest and regions across the nation. He sponsored legislation to preserve parks and wilderness expanses throughout the country, including the North Cascades Park, Olympic National Park, and the Alpine Lakes Wilderness in Washington State, and authored the landmark National Environmental Policy Act.

Acutely aware of the strategic importance of Russia and China and the need for a comprehensive understanding of the politics, culture, and history of each nation to developing sound U.S. foreign policy, Senator Jackson worked with an extensive array of specialists to shape prudent foreign policy. Toward the end of his career in Congress, Jackson turned his efforts to building premier institutions of international studies and Asian affairs to enrich advanced international affairs education and support informed analysis and policymaking. These institutions became the Henry M. Jackson School of International Studies at the University of Washington and The National Bureau of Asian Research.

For additional information, please contact the Jackson Foundation on 206-682-8565 or check out their web site at www.hmjjackson.org. ❖

"The only meeting that ever started on time was held up an hour while things were explained to people who came in late and didn't know what was going on."

— Doug Larson

"GSA ADVANTAGE"
order supplies on-line with your
government purchase card
www.northwest.gsa.gov/jfb

Building Art — Part III

The "Seattle Project," created by Harold Blazs, was installed on the First Avenue plaza in March 1976. The sculpture consists of welded copper, internally weighted with concrete in the bottom sections. Blazs, a sculptor and craftsman whose work has been influenced by Oriental art, constructed the sculpture in sections and assembled them at the building's site.



The Seattle Project

For a copy of parts I or II, please contact GSA on 220-5055. ❖

Downtown Views

Downtown Views is a quarterly newsletter published by GSA's Jackson Property Management Team to help keep tenants informed of building related issues, events, and policies. Copies may be obtained at the Cafeteria, Self-Serve Center, or Building Web Site (www.northwest.gsa.gov/jfb).



Please direct all correspondence to: Steve David, Editor, Downtown Views, GSA, 915 Second Avenue, Room 106, Seattle, WA 98174. (fax 220-5025 or e-mail at jackson.pmt@gsa.gov)



**Building Community
Count on Me!**

Spotlight

(continued from page 1)

of merchant vessels and their crews, maintaining more than 2600 aids to navigation, safeguarding the region's marine environment, and responding to an annual average of 3,500 search and rescue cases.

Before moving to the JFB in March, 1974, the district staff occupied offices on Pier 90, Coast Guard Base Seattle and at the Alaska Building on Second Ave.

Also, occupying JFB offices on the 26th floor, the Facilities Design and Construction Center Pacific provides planning, design, contracting and construction of shore-unit projects for the Coast Guard's Maintenance and Logistics Command Pacific (MLCPAC) located in Alameda, California.

For additional information, please call 220-7000 or check out the U.S. Coast Guard web site at www.uscg.mil. ❖

**NW Federal
Credit Union**

**9:00 AM to 4:00 PM
682-7622
www.nwfcu.com**

Meeting Mania: So Many Meetings, So Little Time

Most of us spend a sizeable amount of time in meetings throughout the year. Many of us also complain about the wasted time. Here are a few suggestions we can use to make better use of meeting time:

Who Needs one Anyway?

First of all you need a reason. Without a clear purpose there's really no need to call people together. What do you want to accomplish?

- Inform others,
- Influence others,
- Solve a problem,
- Gather input,
- Evaluate an issue.

It's all in the Preparation

We've all heard it; an ounce of prevention is worth a pound of cure.

- **Agenda.** It's your blueprint to success.

- **Materials.** Will overheads or handouts enhance communications?
- **Equipment.** Make sure the overhead projector works.
- **Room Arrangement.** Formal or informal can help set the tone.

Things to Watch out for

- **Side conversations.** Stamp out distractions.
- **Boredom.** Keep everyone involved.
- **Breaks.** Give a specific return time.
- **The end.** Know when to stop.

"Try skipping a meeting if you want to find out how important it is."

**— Robert Townsend,
Further up the
Organization**

A Simple Formula

- Announce the purpose.
- Distribute an agenda.
- Start on time.
- Stay on track.
- End on time.
- Distribute minutes. ❖



*Flag Day Event, June 14 on the
Second Avenue Plaza.*

**Tenant Satisfaction
Scorecard**

**80% ('94), 84% ('96), 85% ('98)
Our Goal Over 90%
The next survey is
October!**

"Football combines the two worst features of American life. It is violence punctuated by committee meetings."

**— George Will,
Journalist**

Building Survey Time

GSA will be distributing tenant surveys throughout the building in October. Please take a moment and give us your impression of the building and the services provided by GSA.

Previous survey feedback has resulted in:

- Temperature improvements
- Security improvements
- Building Website
- Self-Serve Center
- Two-ply toilet paper
- After hours custodial service
- Removal of smoking

There will be two separate surveys distributed this year. One survey is managed by the Gallup Organization and should be mailed in. The other is our own local information survey which can be returned directly to GSA Building Management.

This is your chance to let us know what you need and how we're doing!

For additional information, please contact Steve David on 220-5055.



**Think you've got it bad?
JFB Fact
There are over
200 toilets to clean!**

Public Service Honorees for 2000:

A Rainbow of Stars for the New Century Celebration

Congratulations to the following JFB employees honored by their agency management at the SFEB's Annual Celebration of Public Service on May 3:

Alcohol, Tobacco & Firearms

Mary Corey
Margaret Morse

Coast Guard

Juan Aguilar
YN1 Jason Benbow
CAPT Scott Davis
QM1 Robert Denner
Kristin L. Gray
CAPT Gary Greene
LT Kevin Jones
Donald A. Knesebeck
LT Suzanne Loomis
MCPO Curtis W. Mauck
CWO Michael McKiernan
John Mikesell
CAPT William W. Peterson
Chief Adrian Pope
LTJG Mike Ruwe
Elsie Spinning
LT Bo Stocklin
LCDR Tim Stueve
LT Steve Wheeler

Department of Education

Ike Gilbert
John Benjes
Randy Borkowski
Ellen Chestnut
Thelma Gates
Linda Johannassen
Randy Jones
Levin Karovsky
Sukien Luu
Monique Malson
Linda Mangel
Jackie McCraw
Alex McKay
Dennis Moore
Sharon Moyer
Susan Read



OPM Director, Janice Lachance, addresses a packed house in the North Auditorium.

Steve Riley
Joan Rubin
Jackie Rye
Kelli Schmidt
Mike Shapiro
Tim Spofford
Patricia Yates

Federal Transit Administration

Elizabeth Nance-Sier

General Services Administration

Dolor Alegrado
Steven M. David
Scott Deveau
Vince Ryan
Cynthia Tolentino

Internal Revenue Service

Christine Achelpohl
Janet Bluhm
Brian Cahill
Shawn George
Kari Gilje
Cheryl Green
Pat Harris
Tanya Hill

(See "Honorees" page 5)



Thank You

**for using your
JFB recycle
containers!**



**Service Call
Hot Line
220-5050**

Honorees

(continued from page 4)

Internal Revenue Service

Lena Johnson
Anne Smiley
Laurie Schmidt
Leland Smith

Seattle Passport Agency

Jon Peterson
Denise Sleister

Seattle Federal Executive Board

Jan Ekstrom

Department of Veterans Affairs

Ken Barnhouse
Alice Camara
John Dick
Jeff Fuller
Amy Hamaker
Beverly Johnson
Mary Marshall
Amy Miller
Dave Peterson
Anne Reichmuth
Joe Schwab
Glen Shaw
James Stille
Steve Williams
Cindy White

These honorees exemplify the hard work and spirit of service that keep our government running efficiently and effectively. They truly are the leaders for the new century!

(Due to space limitations, only employees actually located in the Jackson Federal Building could be listed). ❖

FEDERAL DAY CARE

Little Eagles
Second & Madison
Ph 382-9869

Green Tree
Sixth & University
Ph 553-8212

Children to Work Event

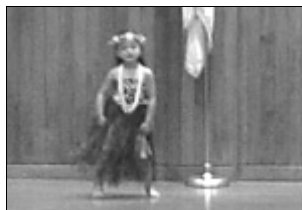
The JFB celebrated it's fourth annual "Take Our Children to Work Day" on April 27. The event this year focused more on work life and less on entertainment.



The Planning Committee (L to R): Lynn Nishimura, NWFCU; Anne Tiernan, SFEB; Cindy Grantham, OPM; Kristine Martin, HUD; Steve David, GSA; Cecile Davis, IRS; Louise Stevens, DOEd. Not pictured: Nasue Nishida, Senator Murray's Office; Amy White, VA.

Parents who wish to have a voice in the direction of future events should watch for announcements and join the next planning committee. ❖

Seattle Federal Executive Board Events



Hula Dancer at Asian Pacific Islander event on May 23 in South Auditorium.



Federal Employee Empowerment fair on June 14 in South Auditorium.

Speaking Out

JFB tenants share their thoughts on meetings:

"Meetings come in lots of different formats. Meetings can be held by people talking via a phone or by people meeting in a room. They can last 10 minutes or a couple of days and involve two people or two hundred. Meetings can be very useful or a huge waste of time and energy. Meetings can keep a participant actively involved, get a participant's blood pressure boiling, or put a participant to sleep. No matter what, meetings are a necessary part of life. They are here to stay. Make the best of them and you will come out feeling better for it." *Elizabeth Nance-Sier, FTA.*



"There was a time in my management career when I had to attend 4 to 5 meetings a week. Some were so bad that I would set my computer to call my pager 15 minutes into the meeting and I would fake an excuse to get out. Once my fellow managers caught on to what I was doing they began doing the same. In one meeting with our director, all five managers in the room got the page within minutes, our director caught on quick and the meetings were fewer from that point forward." *Ron Shissler, Cafeteria Manager.* ❖



"No grand idea was ever born in a conference, but a lot of foolish ideas have died there."

— F. Scott Fitzgerald

Telephone List

Cafeteria, 622-3947
 Conference Rooms, 220-5052
 Credit Union, 682-7622
 Fitness Center, 220-6134
 General Info, 220-5055
 Health Unit, 220-7630
 Lost & Found, 220-5055
 Security, 253-804-4771
 Service Calls, 220-5050
 Telephones, 220-5005

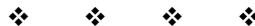
EMERGENCIES
 253-804-4777 (24 hrs)

Bits and Pieces

The next Quarterly Tenant Meeting is scheduled for 10:00 AM, Wednesday, July 19, 2000 in the Evergreen Room (3086). All tenant agency representatives are encouraged to attend.



A pre-retirement class for federal employees is scheduled for August 15 & 16 in the JFB. The cost is \$50 (\$10 additional if spouse attends). Contact the Seattle Federal Executive Board on 220-6171.



"The usefulness of a meeting is in inverse proportion to the attendance."

— Lane Kirkland,
Wall Street Journal

Calendar of Events

Jul 4 Independence Day,
 Building Closed
 Jul 14 Blood Drive,
 South auditorium,
 9:00 AM – 3:00 PM
 Aug 9 Senator Jackson
 Display Event,
 4th floor lobby,
 Noon
 Aug 18 Blood Drive,
 South Auditorium,
 9:00 AM – 3:00 PM
 Sep 4 Labor Day,
 Building Closed
 Sep 15 Blood Drive,
 South Auditorium,
 9:00 AM – 3:00 PM

Q and A

Things You Should Know

Q: "Why can't we post announcements on the walls throughout the building?"

A: It can be summed up in two words; unsightly & damaging.

The myriad of haphazard papers run counter to the professional image we try to provide in the JFB.

Additionally, the tape, staples, and tacks used to secure papers causes damage to finishes which diverts precious maintenance funds away from more important projects. ❖

What is the biggest sin a speaker can make?

- Too much humor, not enough information, 4.7%
- Too much information, not enough humor, 4.7%
- Not tailoring the presentation to the audience, 90.5%

(From Bob Rosner's *www.workingwounded.com*)

More Bits and Pieces

The exterior clean and reseal project was finally completed in May and should do the trick for about the next ten years.



Get into the summer spirit! Don't forget to wear your aloha shirt every Friday during the month of August. (It's an island thing.) ❖



Your GSA Jackson Property Management Team

Visit Our Web Site At: www.northwest.gsa.gov/jfb

Administrative Services:

Laura Wright, Stan Catchpole,
 Michael Westvold, & Steve David

Mechanical Services:

Curtis Kelly, Owen Butler, Diane Murdock,
 Chuck Eddington, John McQueen,
 Ted Peros, Bob McDaniel, & Robert Manos